Dr. Mercola
Vitality Infrared Sauna
1 & 2 Person

User Manual

Precautions Before Use	2
Preassembly Information	2
Electrical Requirements	3
Sauna Set Up / Assembly	3
Junction Boxes Connections	3
Main Power Control Box Connections	6
Ceiling Power Connections	8
Control Pad Instructions	9
Lighting: Interior/Exterior/Color Therapy	10
How To Enjoy The Sauna	10
Maintenance & Technical Support	11
Warranty	12

Precautions before Use: Warning (Room Configuration & Use):

- Proper Electrical Grounding is Required
- Electrical Receptacles not Allowed in the Room
- Do not Apply Water to any Heating Element
- Do not Add a Locking or Latching System to the Door
- Do not Block Ventilation Openings
- Children Must be Supervised at all Times in the Sauna

Electrical Caution – Do not plug the room power cord into an electrical outlet until Room Assembly is completed!

a. Warning (Human Limitations):
Prolonged Exposure at Elevated Temperatures May Cause Hyperthermia (Body Temperature is Several Degrees Above 98.6F)
Hyperthermia Symptoms include: Dizziness, Lethargy, Drowsiness, and Fainting Hyperthermia Effects:
Failure to Recognize the Need to Exit the IR Room
Fetal Damage in Pregnant Women
Physical In-Ability to Exit the Room
Loss of Consciousness
Notice - Use of Alcohol or Drugs Increases the Risk of Fatal Hyperthermia
If You Have any Health Problems or Health Conditions, Consult Your Physician Prior to Sauna Us,
Discontinue Use if Nervousness, Tremor, Headache, Feeling of Sickness or Nausea Occurs

b. Warning (Fire Hazards):
Do Not Use the Sauna Room for Drying Cloths, Bathing Suits, Etc.
Do Not Hang Towels or Other Objects on Heater Grills
Never Operate this Sauna Room if it Has a Damaged Cord or Plug

Pre-assembly Information:

a. Two (2) adults are required for the assembly and installation of the room.
b. Assembly Tools: Phillips Screw Driver
c**.** Boxes are labeled in the order of room assembly

Box #1: Floor, Ceiling, Bench Skirt, Bench, Fan Assembly,
Radio CD Player: Manual & Remote Control,
10-Pack of Phillips screws for Junction Box Covers
4 Phillips screws for (2 person Sauna Wood Magazine Rack)

Box #2: Back & Front Walls
Wood Magazine Rack for (2 person Sauna only)

Box #3: Left & Right Walls

Electrical Requirements: The IR Sauna Room is designed for a 120 Volt AC / 15 Amp Circuit Breaker!
A 120 Volt AC (dedicated) circuit is recommended to avoid unnecessary tripping of the breaker.

The Sauna should be plugged into a NEMA (5-15R or 5-20R) Amp electrical outlet.

5-15R

5-20R

Sauna Room Assembly Steps:

Note - there are (11) total power connections

(7) are located inside the Sauna Room: (Back, Left, Right) Walls, Bench Skirt, Bench Skirt Fan, Bench, and Main Power Box

(3) Power Connections are located on the Top Outside of the Ceiling

(1) Sauna Room Power Cord: Do NOT plug main sauna room power cord in electrical outlet until all required assembly steps have been properly completed.

There are (5) Power Connection / Junction Boxes are labeled accordingly and should be made after each section assembly.

Back	Left	Right	Bench Skirt	Bench
B1 to B1	L1 to L1	R1 to R1	S3 to S3	S1 to S1

These (5) Power Connections are easily made by simply pushing the white connector inside the white Power Junction Box Cover onto the matching white Junction Box (3) pin connection.

Example below: L1 to L1 (Left wall power connection) (Left wall junction box)

Attaching Junction Box Covers: After Junction Box connection has been made secure Junction Box cover with Phillips Screw Driver and 2 Phillips Screws provided in Box 1.

Floor Panel (Box #1): Locate the Floor Panel on a level surface (3-6) inches from wall and no more than (5 ft) from 120 Volt AC / 15 amp dedicated receptacle.

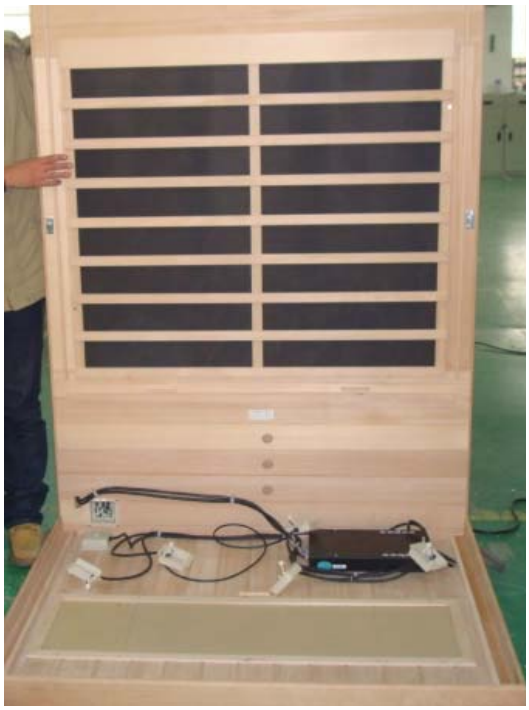
Position the Floor panel so that the Ceramic tiles / IR Floor Heaters are to the front of the room

Note store Ceiling, Bench Skirt and Bench until the appropriate steps.

Back Wall (Box #2):

- Place Back Wall section into the back slot of the Floor Panel
- Back Wall section must be held in place while Right Wall section is added
- Connect the electrical connection power feed to the B-1 Junction Box
- Secure the B-1 Junction Box cover with 2 Phillips screws

Note – Store Front Wall section until "Front Wall Section" step



Right Wall (Box #3):

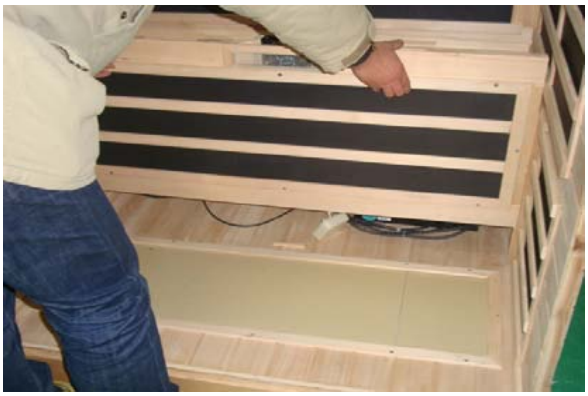
- Place Right Wall section into the right slot of the Floor Panel
- Attach Back Wall to the Right Wall by lifting up the Right wall sliding into back wall bracket.
- Connect the R-1 electrical connection power feed to the R-1 Junction Box
- Secure the R-1 Junction Box cover with 2 Phillips screws

Left Wall (Box #3):

- Place Left Wall section into the left slot of the Floor Panel
- Attach the Back Wall to the Left Wall by lifting up the Right wall sliding into back wall bracket.
- Connect the L-1 electrical connection power feed to the L-1 Junction Box
- Secure the L-1 Junction Box cover with 2 Phillips screws

Bench Skirt (Box #1):

- Insert the Bench Skirt in between the Right Wall and the Left Wall sections
- Connect the S-3 electrical connection power feed to the S-3 Junction Box
- Secure the S-3 Junction Box cover with 2 Phillips screws



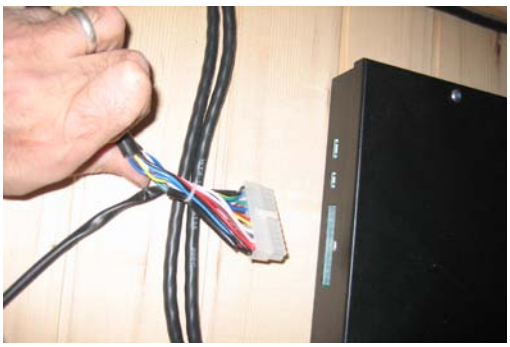
Slide the Fan Assembly (Box #1) into the Bench Shirt Bracket

Attach white connector from the Black Power Box to the Fan white connector.

Main Power Control Black Box: (2) Connections

Locate the Main Power Control Black Box which is secured to the Sauna interior floor.

#1 Insert the 24 pin multi colored wire connector into left side of Main Control Black Power Box



#2 Located on the right side of the Main Power Control Black Box is the ON-OFF switch. Move the switch to the **ON** position as shown above.

Note – Do NOT Plug the Sauna Room 120 VAC Power Cord into the Outlet Yet!

Bench (Box #1):

- Slide the Bench seat down against the back wall with Power Junction Box facing you.
- Tilt the Bench against the Back Wall as shown below.
- Connect the S-1 electrical connection power box to the S-1 Junction Box
- Secure the S-1Junction Box cover with 2 Phillips screws
- Lay the Bench down and slide back into place as shown

Front Wall (Box #2):

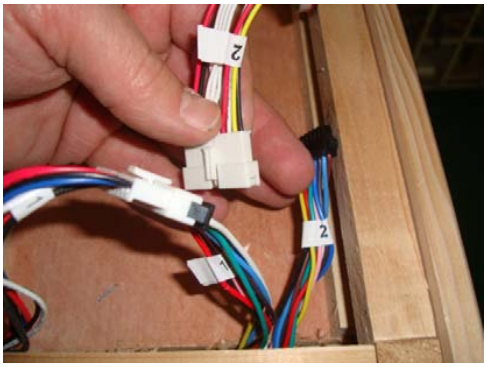
- Place the Front Wall into the Floor section slot (shown below 2 person Sauna Front Wall)
- Attach the Front Wall to the Right and Left Walls by lifting up the Front wall and then sliding down into both the Right and Left wall brackets.

Note – All wall sections will now be attached together and secure.

Ceiling (Box #1):

- Lift the Ceiling and gently place onto the four (4) walls as shown
- Note: Make sure the (3) electrical connections: 1 front wall & 2 rear walls are inserted through the ceiling and not being pinched as the ceiling is lowered into place
- Make the (3) electrical control connections as shown
- Close all ceiling top access panels

Ceiling to Back Wall: (2) Connections:



On the outside top left rear of the Ceiling, lift the panel door. You will see 2 connections labeled # 1 & 2.

Attach each Ceiling # 1 & 2 connectors to the Back wall # 1 & 2 connectors.

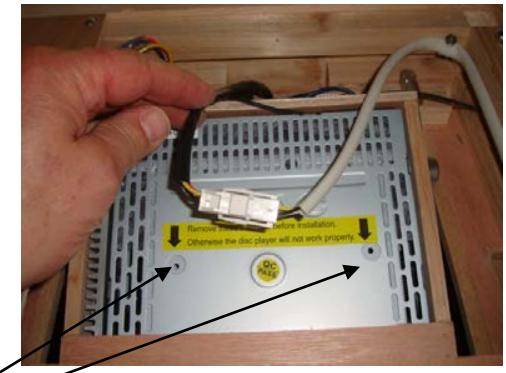
Make sure they are securely attached together. After (2) connections are made close the rear access panel.

Ceiling & Front Wall Connection:

On the outside top front of the Ceiling, lift the door. You will see 2 power cords: one from the Ceiling and one from the Front wall.

Attach the 2 power cords firmly together.

Close the access panel.



CD Player Mounting Screws Removal

Located in the top of the Radio / CD Player

Remove the 2 screws …….

Wood Magazine Rack – 2 Person IR Sauna Only:

Wood Magazine Rack is packed in Box 2
Wood screws are packed in Box 1.

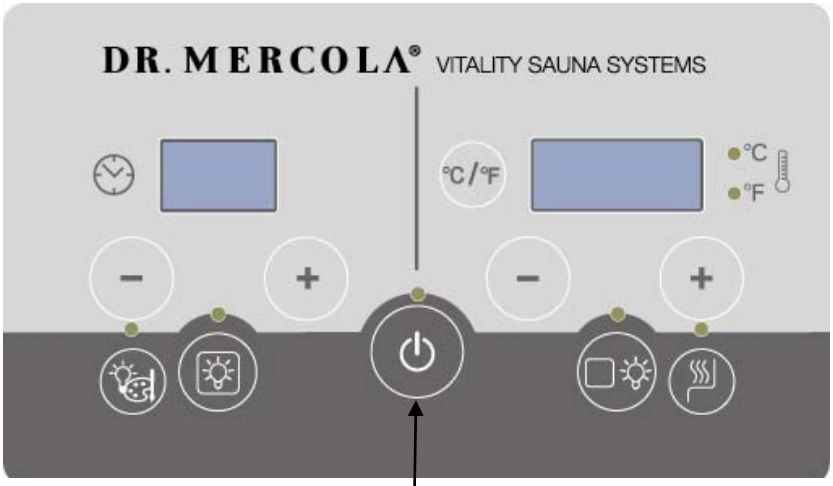
Attach Wood Magazine Rack with 4 Phillips and Phillips Screwdriver to the interior front wall lower right corner.

Sauna Room 120 Volt AC Power Cord:

- Plug the Sauna room power cord into the 15 amp / 5-15R or 5-20R wall receptacle as noted in page 2

The Sauna Rooms is now ready to use!

Control Panel Instructions:



Main Power: Press **POWER** to switch room **ON** or **OFF**

Timer Functions: Press and hold **+** or **−** to set room operating time.
Increases time (5 minute increments) / Decreases time (5 minute increments)

Temperature Functions:

1. Press to alternate between either **C** or **F** C or F will light to indicate the units desired

2. Press and hold **+** or **−** to set desired room temperature setting.
Pressing once will increase or decrease the desired setting in one-degree increments.

The maximum temperature set-point is 150°F/65°C.

- Once the desired room temperature set-point will flash three (3) times
- The fourth (4th) flash remains lit and displays the actual room temperature

3. Press to turn **Bench Heat ON** or **OFF**

Light Functions: Note – All Lights will operate with main power selection ON or OFF.

1. Press “Inside Light” to turn **ON** or **OFF**
2. Press “Outside Light” to turn **ON** or **OFF**

Color Therapy Functions:

Press “Color Therapy Light” to activate a color light or sequence. The following details this sequence:

- 1st press – RED
- 2nd press – RED-GREEN
- 3rd press – GREEN
- 4th press – BLUE-GREEN
- 5th press – BLUE
- 6th press – BLUE-RED
- 7th press – BLUE-RED-GREEN
- 8th press – Activates full rotation of all 7 color therapy in sequence noted above
- 9th press – Turns Color Therapy Functions OFF

Radio and CD Player Operations - See Included Radio Operations Manual in (Box #1)

How to Use Infrared Sauna:

Avoid eating large meals and excessive alcohol intake before using Sauna.
Never smoke or drink alcohol or exercise inside of Sauna.
If you are taking any medication, or under the care of a Physician care always consult your Physician prior to Sauna usage. Refer to Sauna Usage Warning signs located inside of Sauna Room

Prior to Sauna session, if possible before using Sauna, take a warm shower without drying.
Clothing is optional or wear loose fitting clothes. You may choose to sit or lie on a clean soft towel.
Set desired time & temperature. Control pad is located outside and inside of Sauna.

Enter Sauna and relax, you may choose to enjoy music with the Sauna CD / Radio / MP3 Player.
Refer to the above Color Therapy System instructions.

Sit or lie on bench. Close the door and open the interior ceiling vent allowing for fresh air circulation.
Remain in the Sauna long enough to warm up and stimulate a mild perspiration. Typically that may occur in 10 – 15 minutes. This varies with every individual and their comfort level. Do not over do it!
Drink plenty of cool water or a refreshing healthy drink while using the sauna.

Leave the Sauna and cool down. Shower or bathe if possible to cool down and cleanse the skin.
Cool down period usually is the same length of time as the Sauna session.
Then reenter the Sauna for another 10-15 minute session.
Continue this process of alternating using the Sauna and Cooling Down for 3 to 4 cycles.
Length of time in the Sauna and cool off period varies and depends on the individual.

After final Sauna session and upon leaving the Sauna turn the Sauna off the timer if it is still operating.
Open the door and clean the Sauna walls, bench and floor areas with a soft clean damp cloth.
Enjoy a final shower or bath to cool down. Relax, in the special “after sauna glow” and you may choose to enjoy a healthy snack and cool drink.

Additional Usage Warnings Located Inside Sauna Room

Maintenance / General Cleaning Tips:

DO NOT USE: Alcohol or any strong Cleaning Chemicals

Note – Some chemicals can damage clear finish and wood surfaces.

Interior: Perspiration and dirt may absorb into the wood, so periodic cleaning is needed, scrubbing benches, back supports, floor boards and walls with a stiff brush and mild detergent is normally sufficient. Light sanding is another option for cleaning interior surfaces.
Exterior: Use a damp cloth of a mild soap mixed with warm water.

Trouble Shooting Tips:

a. Flashing Screen:

Check to ensure ceiling room thermostat lead is connected properly (found in the ceiling unit)

b. Main Control Touch Pad Lights Not Lit:

Ensure power cord is plugged in to the proper power receptacle and dedicated circuit breaker
Ensure main circuit breaker (house) is not tripped (power is found at the receptacle)
Ensure the room main controller circuit breaker (under the bench) is not tripped and is ON

c. Room not heating:

Ensure power cord is plugged in to the power receptacle
Ensure all junction boxes are properly connected under the bench per the “Power Junction Box Connection Code” of 4a
Ensure main circuit breaker (house) is not tripped (power is found at the receptacle)
Ensure the room main controller circuit breaker (under the bench) is not tripped and is ON
Ensure room desired temperature is greater than room actual temperature (controller demands heat)

For additional assistance or service questions?

Please do not hesitate contacting Mercola Customer Services

Mon – Fri. 7AM – 8PM CST / Sat – Sun 8AM – 5PM CST

Inside US 1 *(877) 985-2695*

Outside US *1 (847) 252-4355* / *En Espanola* 1 (877) 985-2690

You may also contact us at: *http//shop.mercola.com/customerservice.aspx*

An online form is available 24-7. Please allow 48-72 hours for a response from Mercola Customer Services.

DR MERCOLA VITALITY INFRARED SAUNAS PREMIUM WARRANTY

Mercola warrants the Vitality Saunas: Infrared against malfunction or defects in materials, manufacturing or workmanship for the period of time and in accordance with the conditions set forth below. Mercola will provide replacement parts for malfunction or defects from the date and of the original purchase. This warranty does not cover shipping cost or any potential labor of warranty parts replacement. This warranty applies when the warranted product (a) is installed in accordance with installation instructions provided, (b) is properly and reasonably maintained, and (c) has not been subjected to damage, misuse, or abuse. This warranty is non-transferable and shall extend only to the original purchaser. Under no circumstances, shall Mercola be liable by virtue of this warranty or otherwise for any special indirect, secondary, incidental, or consequential damage of any nature to any person or property arising directly or indirectly out of the use or inability to us a warranted product. The Warranty applies when the warranted product is installed in accordance with instructions provided and is properly and reasonably maintained and has not been subjected to damage, misuse or abuse. Warranty DOES NOT COVER – Labor or freight charges.

The Sauna Room Wood Components are warranted for lifetime of the product from date of original purchase. Mercola will provide full replacement of wood components for manufacturing or workmanship defects. Exclusions are minor cracks due to wood expansion and contraction, and normal wear and tear. (Note that since the wood used in Mercola Vitality Saunas has been kiln dried, a certain amount of expansion and contraction occurs in the wood in a sauna environment. This may result in minor cracks, which is considered normal and not covered under any warranty.)

Infrared Panels, Electrical Controls and Temperature sensors are warranted for (5) years from date of original purchase.

Audio / Visual devices: Mercola will provide parts to replace with manufacturing or workmanship defects for a period of one (1) year from date of original purchase.

Commercial Use - If the Mercola Vitality Traditional Saunas are installed in a commercial location…such as gyms, clubs, condominiums, apartments, spas, health practitioner's facility, but not limited to these types of commercial businesses, Mercola will provide all parts replacement for a period of one (1) year from the date of original purchase.

Thank you and enjoy the many healthy benefits of the Dr. Mercola Vitality Saunas!